

West Virginia Peer Recovery Resources Guide

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About this Guide

This resource guide was assembled by the West Virginia DHHR, Bureau for Behavioral Health and Health Facilities, office of Consumer Affairs and Community Outreach as part of a broader initiative to help expand awareness of local resources available to people in their own communities. While many of us may be familiar with formal treatment services, it often appears that less of us are aware of non-treatment recovery type supports.

As the Substance Abuse and Mental Health Services Administration noted¹ in its explanation of the need for Recovery Support programs, when establishing its working definition of recovery, the “process of recovery is highly personal and occurs via many pathways. It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches . . . Because recovery is a highly individualized process, recovery services and supports must be flexible to ensure cultural relevancy. What may work for adults in recovery may be very different for youth or older adults in recovery . . . Recovery support is provided through treatment, services, and community-based programs by behavioral health care providers, peer providers, family members, friends and social networks, the faith community, and people with experience in recovery. Recovery support services help people enter into and navigate systems of care, remove barriers to recovery, stay engaged in the recovery process, and live full lives in communities of their choice.”

¹ SAMHSA, Recovery and Recovery Support: <http://www.samhsa.gov/recovery>

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The Bomar Drop-In Center

306 N. Church St.

Ripley, WV 25271

Contacts: Drop-In Center Director, Brenda Heilmann and Drop-In Center Manager, Patsy Caltrider

Telephone: 304-372-3722

E-Mail: bomarclub@yahoo.com

Website: <http://www.thebomarclub.org/index.html>

Hours 9 am - 5 pm weekdays, 10 am – 6 pm on Saturday and evenings for self-help groups, who rent space for their meetings.

Program Information

In 2011, The BoMar Club Inc. was awarded a grant through the Department of Health and Human Resources, Bureau for Behavioral Health and Health Facilities to operate a Drop-In-Center. The Center opened October 1st, 2011. Through the grant, there is a contract Drop-In-Center Manager on site to provide assistance, referral services, and coordinate activities. A certified Peer Support Specialist is employed 3-days a week to facilitate specific programming, as well as several people who have completed Recovery Coach and Wellness Recovery Action Plan Facilitator, and WV Leadership Academy “training of the trainer” training. The Drop-In Center offers educational and recreational opportunities with a primary focus on peer supported recovery for anyone with addictive diseases and/or co-occurring mental health issues. The Drop-In Center is governed by the BoMar Club Board of Directors. The overall philosophy of management and operations is based on the guidelines inherent to 12 step recovery programs.

The Drop-In Center offers Recovery Groups, including but not limited to W.R.A.P., W.H.A.M, Recovery Coaching, Leadership Skills, Accountability Partner, and Life Skills throughout the week, as well as cognitive behavioral therapy groups, social activities and special events for all attendees. People come in and have group in a relaxed atmosphere.

The Cope Center

27 East Main Street

Richwood, WV 26261

Contacts: Pat Doverspike, Director and Carolyn Schaad, Assistant Director

Telephone: 304-846-9718

E-Mail: akagreat48@yahoo.com

Website: <http://www.richwoodcopecenter.org/>

Hours: Monday through Friday from 8:00 am to 3: 00 PM and Wednesday, Friday and Sunday from 8:00 PM to 9:00 PM for NA and AA meetings.

Program Information

The program's mission is to build a community free of stigma, where individuals work together toward wellness& recovery of mind, body, & spirit. The program's goal is to build a culture of recovery and follow the peer to peer model recovery program to inform, educate, facilitate, advocate, and serve, as well as remove social barriers and create opportunities through self-determination and personal empowerment. At the Cope center each person will come to use their own Power – Peer Operated Wellness, Encouragement & Recovery Services.

The Cope Center welcomes everyone that stops by and values everyone that enters their doors. They have 12 step meetings, Wellness Recovery Action Plan (WRAP) Groups, Peer to Peer support, and Linkage and Referral. The program also uses the West Virginia Leadership Academy and has computers and a library.

Crossroads Recovery Home for Women

P.O. Box 1385

326 RT 80

Gilbert, West Virginia 25621

Contacts: Lara Fox, Executive Director and Katrina Blankenship, Senior Residential Manager

Telephone: (304) 664-3986

E-Mail: stopwv@yahoo.com

Website: <http://www.drugfreemingo.org/crossroads.html>

Program Information

Crossroads is an eight-bed fellowship home for women in recovery from drug or alcohol addiction. The program provides a safe and enriching environment free from drugs, alcohol, and violence where mutual support is a key to recovery.

Any woman expressing a sincere desire to stay "clean and sober" may be eligible for admission for placement in the home. Each individual must meet certain requirements before being accepted as a resident. Upon meeting these criteria, an individual can be accepted into the home without regard to race, nationality, disability, or religious background.

The program provides residential transitional housing for women for between 90 days and 1 year.

First Steps Wellness & Recovery Center

730 7th Avenue

Huntington, WV

Contacts: Terry Collison, Director and Lindsey Spaulding, Program Assistant

Telephone: 681-378-3791

E-Mail: terry.collison@harmonyhousewv.com

Website: <http://www.harmonyhousewv.com/our-services/first-steps-program/>

Program Information

The First Steps Wellness & Recovery Center is a Huntington-based drop-in center that has a variety of offerings for people experiencing homelessness, former experience with homelessness, those in recovery or those seeking peer support.

The facility has a new computer lab, provides activities, wellness and recovery classes and facilitates peer support groups.

The program falls under the Cabell-Huntington Coalition for the Homeless umbrella.

The Friendship Room

364 High Street Suite 224

Morgantown, West Virginia 26505

Contact: Chris Friend, Executive Director

Telephone: (304) 292-0525

E-Mail: christopherfriend.mhawv@gmail.com

Website: <https://www.facebook.com/Friendship-Room-148178665211091/timeline/>

Program Information

Mental Health America of Monongalia County operates the Friendship Room, a drop-in center where anyone is free to relax, attend educational/support groups, or simply share in conversation over a cup of coffee. The staff of MHA strive to make a personal connection with each program participant. Staff have extensive knowledge of local resources and connect participants to agencies best equipped to meet participants' specific needs. The Friendship Room is a safe, comfortable, and low-pressure environment that serves as an excellent starting point for utilizing the vast network of resources established to help individuals living with mental illness. The Friendship Room's resources include daily breakfast, free hygiene items, access to telephone/fax/computers, and other services as applicable.

The drop-in center provides group and peer support, resources, assistance, recovery and friendship.

Please park in the Spruce Street parking garage. The agency entrance is located on Spruce Street, between the Morgantown Public Library and the Aull Center for Local History and Genealogy.

Hampshire County Pathways Drop-In-Center & Hampshire Lighthouse Programs

850 N. High Street/HWY 28

Romney WV 26757-0786

Contact: Cindi Corbin, Executive Director

Telephone: 304-359-2171

E-Mail: director@hccpathways.org

Drop In Center Contact: Annette Fuqua, Coordinator

Telephone: 304-359-2185

E-Mail: pathwaysco@gmail.com

Hampshire Lighthouse Contact: Cathi Hartsook, Program Administrator

Telephone: 304-822-7499

E-Mail: thelighthouse@hccpathways.org

Website: <http://www.hccpathways.org/> and <http://hccpath.wix.com/hccpathways>

Program Information

Hampshire County Pathways Drop-In-Center provides a safe, non-judgmental environment for individuals to socialize, communicate, and participate in activities that support recovery.

The only requirements for being a member is that you want to be one, and you agree to abide by the Rules of Conduct that are posted in the center. Members meet monthly to discuss the things they would like to do and make programming recommendations for the center. Pathways is a drop-in center that is committed to support people with substance abuse and mental health issues. People who come in for support are the same people that support others and help to run the

center. Everyone is encouraged to take control of their own recovery, and the center is a safe, warm and friendly place for them to come.

Services include peer support and Recovery Coaches, twelve-step meetings, periodic guest speakers and workshops, free meals (lunch) from 11:30 am to 1:30 pm Monday through Friday, an eight-week nutrition class, a beauty shop to help job seekers prepare for interviews, a four station computer lab, resource links, and a clothing closet.

Hours: Monday, Tuesday, Wednesday 10 am – 5 pm

Hampshire Lighthouse

Pathways recently opened a 6 to 8- bed Substance Use Recovery Home for women, named The Hampshire Lighthouse. The Hampshire Lighthouse offers a beacon of hope for those who have found themselves lost to the disease of addiction. It is a safe harbor for healing women over the age of 18 who would like a chance to learn to live a happy, productive life in recovery from addiction.

The Hampshire Lighthouse is located at 850 N. High Street, Romney, WV. It is a female, 12 to 18 month residential living program for women in recovery. The Lighthouse will provide a safe, sober and supportive environment while making connections with community resources and working individually on long term goals. Women in recovery from drugs and/or alcohol enter the program to gain confidence and independence with the necessary tools to maintain sobriety and rebuild their lives.

While at Hampshire Lighthouse residents are expected to obtain and maintain a full or part time occupation as well as attending individual and group therapy, coupled with various self help meetings such as Alcoholics Anonymous and/or Narcotics Anonymous. Accountability and a consistent theme of honesty and integrity is emphasized in our program and the resident is expected to be an active participant in their own recovery as well as an active participant in the community. The Hampshire Lighthouse living environment affords the resident the freedom to develop spiritually in their own way and the structure to assure that sobriety and recovery remain the number one priority.

Integrated Recovery Wellness Center: Providing Peer Based Support to People in Recovery

1514 Kanawha Boulevard
West Charleston, WV 25326

Contact: Rev. James Patterson

Telephone: 304-768-7688

E-Mail: patterson@paac2.org

Website: <http://www.paac2.org/>

Program Information

The Partnership of African American Churches' (PAAC) Integrated Wellness Peer Recovery Support Service Center offers a safe place to help people in recovery solve daily living problems that hinder holistic health, such as employment, housing, and transportation. While at the center individuals can participate in workshops, training and other education sessions that are designed to enhance and promote recovery. Most importantly the Recovery Wellness Center is a place where people can relax, be themselves, feel accepted and safe, and find the support and encouragement they need to rebuild.

The Wellness Recovery Support Center is located on Charleston's West Side, an area lacking high priority recovery services which are limited in availability or non-existent.

An important part of the Partnership of African American Churches (PAAC) philosophy is that in order to ensure the wellness of individuals, this organization must promote healthy lifestyles in the communities where individuals reside. The PAAC strives to build a successful working partnership with individuals,

community partners, local government and foundations utilizing the shared objective of promoting Recovery and improving the Wellness status of community residents.

KANAWHA INSTITUTE FOR SOCIAL RESEARCH & ACTION – KISRA Cares

131 Perkins Avenue
Dunbar, WV 25064

Contact: Doris Aldridge

Telephone: 304-395-8164

E-Mail: daldridge@kisra.org

Website: <http://www.kisra.org/>

Program Information

The KISRA Cares Program supports individuals in our community dealing with mental illness.

The KISRA Cares Program provides those individuals in our community dealing with mental illness with intensive case management. That support helps them to survive and thrive in the “real world” beyond the confines of our overcrowded mental health facilities.

Services include prevention and early intervention, crisis intervention (controlling and resolving critical or dangerous issues), rehabilitation/habilitation (development of skills and supports), basic support (shelter, meals, health care), enrichment activities (engagement in fulfilling and satisfying activities), and wellness/prevention activities.

This initiative serves people with mental illnesses residing in or returning to Kanawha County.

Legends

327 Mercer Street
Princeton, WV 24740

Contact: Rose Lockhart, Coordinator

Telephone: (304) 425-9541 x.127

E-Mail: melissashinault@shcmhc.com

Website: <http://www.shcmhc.com/>

Program Information

LEGENDS is a non-medical 28 day program with aftercare for adult males. The LEGENDS program offers structured, therapeutic activities in group and individual sessions. Support group meetings are provided in the context of a 12 step approach. Individuals may be referred to LEGENDS by any source, however, first priority will be given to residents of Mercer, McDowell, and Wyoming Counties of West Virginia.

Marian House Drop-In Center

NAMI of Greater Wheeling

115 18th Street

Wheeling, WV 26003

Contacts: Bianca Benson, Associate Director and Jesse Krall, Director of Operations

Telephone: 304-232-1189

E-Mail: Marianhouse@frontier.org

Website: <http://www.namiwheeling.org/>

Hours: Monday-Friday from 10 am to 3 pm

Program Information

The Marian House is a facility created by a collaborative effort between NAMI of Greater Wheeling and Catholic Neighborhood Center to benefit people living with mental illness. NAMI of Greater Wheeling also receives partial funding from the West Virginia Department of Health and Human Resources.

Marian House is also known as the NAMI Drop-in Center and provides a gathering place with a wholesome atmosphere for fellowship and activities both fun and educational. There is no cost for those living with mental illness to attend the Drop-in Center.

The NAMI Drop-in Center provides a variety of activities including, various art projects and instruction, a life skills class, cooking classes, a depression/anxiety support, current events, goal setting groups and other special activities. At various times of the year the group will have the chance to participate in off-site activities such as, bowling outings, visiting the Stifle Arts Center, picnics, and movies.

Mercer County Fellowship Home

421 Scott Street

Bluefield, WV 24701

Contact: Jim McClanahan, Director

Telephone: 304-327-9876

E-Mail: jimmccclanahan1@frontier.com

Website: <http://mercercountyfellowshiphome.org/>

Program Information

The Mercer County Fellowship Home (MCFH) is a non-profit legal entity chartered by the State Of West Virginia. MCFH's purpose is to provide housing and rehabilitation services to adult males recovering from substance abuse.

Prospective residents must fill out an application and be interviewed to ensure that prospective resident's primary purpose is the continuation of their recovery from substance abuse. MCFH provides residents a safe and healthy place to live. MCFH also assists residents using education, counseling and lifestyle changes to learn and accept responsibilities of sober living. MCFH endeavors to provide the necessities of life, such as access to health care and clothing for residents in need.

On recommendation from the Administrative Director, staff and counselors - residents are directed to return to independent living. To this end, assistance is provided through social services such as Veterans Administration, Academy of Adult Learning, Division of Rehabilitation Services and the Division of Alcohol and Drug Abuse and other educational resources.

Admission Criteria

All referrals must be adult male over the age of 18, having a primary diagnosis/problem of alcohol/drug dependency; Every prospect must pass an

alcohol/drug screen. No one with an Axis 1 Diagnosis of a Mental Illness or Bi-Polar. No narcotic or Psycho Tropic medications even if prescribed. (all medications must be approved by the Director/Counselor(s)) . MCFH does not accept Home Plans. No one with pending felony charges. MCFH does not accept residents that just want to change their parole or probation officer by moving to this area. Prospects must be able to meet rent requirements. Anyone coming from a medical, a state facility or a treatment center must be medically cleared and successfully completed a medically supervised detox program. Subjects being admitted to the Home must be ambulatory. To be re-admitted to the Home, person must have left the Home on good terms. Re-admittance is at the discretion of the Director/Counselor(s). No one just looking for a place to stay, MCFH is not a homeless shelter.

Mid-Ohio Valley Fellowship Home

1028 George Street

Parkersburg, WV 26101

Contact: Patrice M. Pooler, Executive Director

Telephone: 304-485-3341

E-Mail: patrice@movfh.org

Website: <http://www.movfh.org>

Program Information

Mid-Ohio Valley Fellowship Home, Inc. is a place to begin a new life. The program has served the community since 1971. MOVFH is a transitional living facility that offers five safe, sober, supportive homes, for folks to loosen the grips of addiction within their lives.

MOVFH has a 12-18 month Men's program, Women's program and Women with Children program.

Referrals are accepted from any agency or organization serving chemically dependent people. Self-referrals are accepted provided no intoxication has occurred in the previous 72 hours. Any man or woman 18 years or older expressing a sincere desire to stay sober may be eligible for placement.

Northern West Virginia Center for Independent Living

Peer Support Program

601-603 East Brockway, Suite A & B

Morgantown, WV 26501

Contact: Paulette Livengood, Peer Support Coordinator

Telephone: 304-296-6091 or 800-834-6408

TDD: 304-296-6091

E-Mail: plivengood@nwvcil.org

Website: <http://www.nwvcil.org/>

Program Information

Peer support is people with disabilities - physical or intellectual disabilities, mental health and/or substance abuse issues - fostering independence in others by sharing support, knowledge, and experiences. Peer support values the expertise that comes from being a person with a disability. Peers have “been there, done that.” They can help you build self-esteem, learn new skills and feel less alone.

Peer support programs serve the following counties: Monongalia, Preston, Randolph, Upshur, Tucker, and Barbour.

The Peer Support program hosts activities to create opportunities for people with disabilities to show their talents, gain new skills, and socialize with others.

NWVCIL’s Peer Support helps facilitate regular peer-directed support groups: Self-Advocacy Support System (SASS) every Tuesday 1-2 PM at the Friendship Room in Morgantown; Support for Wellness (SWELL) time currently TBD; and, Readings in the Mental Health Book Group.

Oakhurst Outreach

Oakhurst Heights

3082 Big Draft Road, P.O. Drawer 220

White Sulphur Springs, WV 24986

Contact: Jan Hall

Telephone: 304-536-1981

E-Mail: oakhurst.outreach@gmail.com

Website: <http://oakhurstoutreachwv.org/>

Program Information

Oakhurst Heights is a facility operated by Oakhurst Outreach. It is a supportive, non-clinical environment that provides a safe residential space for women who are in the process of recovering from alcohol/drug addiction and transforming their lives.

Oakhurst Heights is not a drug treatment center, rather it is a “home-like” location where women can access the support needed to heal after alcohol/drug addiction treatment.

Women stay at Oakhurst Heights after drug and alcohol treatment, when going back to where they came from would not be a safe environment for them during their recovery. At Oakhurst Heights, they'll have support from other women who know exactly what they've gone through, what they're still going through, and who they can lean on in their future drug and alcohol-free lives.

Women who live at Oakhurst Heights have to commit to attend weekly AA and/or NA recovery meetings, but they do not receive counseling and treatment at the center. Women can live at Oakhurst Height for up to two years during their recovery for a minimal fee.

Opportunity House

Contact: Matt Kerner, Director

Telephone: 304-460-2538

TDD: 304-296-6091

E-Mail: MattKerner@opphousewv.org

Website: <http://opphousewv.org/housing-programs.html>

Program Information

In 2003, a group of individuals deeply concerned about the impact that drugs and alcohol were having on the community, came together to find a better way. They realized that in order to sustain long-term sobriety, a supportive living environment was needed. The former home of Mabel Gaudet was purchased and “Opportunity House,” a place for individuals and families to find recovery and a new life free from addiction was founded.

Working with Mabel’s daughter City Council woman Mary Gaudet Shoulders and other volunteers, The staff of Opportunity House, Inc. continued Mabel’s tradition of helping those in need, turning her home into a place of hope and healing. Opportunity House is open to everyone and provides an island of recovery and hope in central West Virginia.

Opportunity House provides a safe, supportive home for those who are seeking a new way of life free from addiction. It is part of a comprehensive recovery community that promotes individual recovery responsibility.

The program uses a holistic approach to recovery from addiction by addressing the physical, mental, emotional and spiritual aspects of the whole person. It provided housing: both transitional and long-term, daily twelve-step meetings, individualized treatment planning, and assistance in addressing many issues faced by those in recovery.

While some services such as Housing, Food, and Transportation are provided directly to program participants by Opportunity House Inc. Others such as Counseling services, Educational and Vocational training, Medical, and Mental Health Services are provided by a comprehensive collection of community partners.

To enter Opportunity House, residents must be clean and sober prior to entering, agree to abide by the house rules, and commit to a minimum stay of 6 months.

Oxford House, Inc.

1010 Wayne Avenue, Suite 300

Silver Spring, MD 20910

Contact: Kathleen Gibson, COO

Telephone: 919-395-8192

E-Mail: Infor@oxfordhouse.org

Website: www.oxfordhouse.org

Oxford Houses of West Virginia

Contact: John Fox, Regional Outreach Coordinator

Telephone: 304-650-4184

E-Mail: john.fox@oxfordhouse.org

Website: <http://www.oxfordhouse.org/directory.php>

Locations: As of November, 2015 there are currently Oxford Houses located in Beckley, Benwood, Charles Town, Charleston, Dunbar, Huntington, Martinsburg, Oak Hill, Parkersburg, and Wheeling.

Program Information

Oxford House is a concept in recovery from drug and alcohol addiction. In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home. Parallel to this concept lies the organizational structure of Oxford House, Inc. This publicly supported, non-profit 501(c)3 corporation is the umbrella organization which provides the network connecting all Oxford Houses and allocates resources to duplicate the Oxford House concept where needs arise.

The number of residents in a House may range from six to fifteen; there are houses for men, houses for women, and houses which accept women with children. Oxford Houses flourish in metropolitan areas such as New York City and Washington D.C. and thrive in such diverse communities as Hawaii, Washington State, Canada and Australia; but they all abide by the basic criteria.

To apply a person must be in recovery from alcoholism and/or drug addiction.

A recovering individual must complete a standard "Application for Membership" and be interviewed by the residents of the house he or she want to live in. Click "Application for Membership" on the above web page's *How To Apply* page to get a downloadable PDF copy to fill out before you go to your interview.

Find the Oxford House in the area you want by checking "Vacancies" on the home page of the above website. A special page will come up with a map of the United States. In the box at the top put in where you are looking for an Oxford House. Also check whether you want a house for men or women. Then pull down number of houses you want to review. A map will then come up showing houses that have vacancies. Click on the house you want and a pop-up will appear with three tabs at the top. Click on info and it will give you the number of vacancies and the phone number. Then call the house for an interview. Bring a completed application with you to the interview.

Hints for acceptance include: [A] show sincerity about recovery, [B] emphasize regular attendance at 12-Step meetings, [C] explain how you can pay the equal share of expenses collected by the group on either a weekly or monthly basis and the move-in sobriety deposit [usually equal to the equal share expense] and [D] be absolutely honest on the application and in the interview because it is very difficult to con fellow addicts in recovery.

Sometimes several individuals will apply to fill one vacancy. If you are not selected, simply try another house with a vacancy. It is not unusual that an individual who gets rejected at one house applies at another house with a vacancy and gets accepted.

If you are turned down at one house, evaluate your posture and apply at another. There is no stigma or penalty applied by a rejection; it is merely the judgment of

the residents as to inviting you into their home. When you are a resident, you will be called upon to make similar decisions about new applicants.

Rea of Hope Fellowship Home, Inc.

1429 Lee Street
Charleston, WV 25301

Contact: Marie Beaver, Executive Director

Telephone: 304-344-5363

E-Mail: <http://www.reaofhope.org/contact.php>

Website: <http://www.reaofhope.org/index.php>

Program Information

The Mission of Rea of Hope is to provide safe affordable housing for West Virginia women in a positive homelike environment that fosters recovery from alcohol and/or drug addiction and promotes self-sufficiency.

Rea of Hope 1

The original Rea of Hope house is located on Lee Street in Charleston. The house is staffed 24 hours a day to insure a supportive and safe environment. The residents are required to work, attend school, or volunteer at an approved location.

Rea of Hope II

Rea of Hope II is just around the corner from the original house. Together, both houses accommodate 14 beds. A resident of Rea of Hope will focus on their recovery in a 12 step-based fellowship program while establishing themselves as responsible members of our community.

New Life Apartments 1

As graduates, the women already have a support system in place, employment and connection to the community. The program will work with the women to get their credit, fines and other financial and legal problems solved.

New Life Apartments II

The goals of the Rea of Hope New Life Apartments are to provide an affordable beginning for these women; avoiding the stumbling blocks to a successful recovery.

Recovery Point of Huntington

2425 9th Ave

Huntington, West Virginia 25705

Contact: Matt Boggs, Executive Director

Telephone: 304-523-4673

E-Mail: info@thehealingplaceofhuntington.org

Website: <http://thehealingplaceofhuntington.org/>

Program Information

Recovery Point of Huntington provides a long-term program of recovery from alcohol and drug addiction. Since opening in January of 2011, Recovery Point of Huntington has graduated over 120 men. Currently, Recovery Point provides housing, food, and recovery services to 100 men. This peer-driven, social model of recovery has proven to be effective in initiating and sustaining long-term recovery from addiction. Current program statistics show that over 68% of graduates remain abstinent one year.

Traditional treatment centers operate under a clinical model comprised of licensed clinicians, counselors, and physicians. Recovery Point utilizes a peer-driven, social model introduced by The Healing Place of Louisville, KY which utilizes Peer Mentors as class facilitators. Each Peer Mentor will share their recovery experience with another peer early in recovery. The program places individuals in real-life experiences where they learn how to live sober. This same model is being replicated throughout West Virginia through funding from the Justice Reinvestment Act.

What is non-medical detox?

This refers to the process of detoxification from alcohol and drugs without pharmaceutical intervention. A typical stay in detox lasts 5-7 days. At least one Detox Monitor trained in CPR and First Aid is on duty at all times to monitor vitals for withdrawal symptoms. No medication is administered during the

detoxification stage unless deemed medically necessary prior to the individual arriving. If a client requires medical attention, they will be immediately admitted to one of the local hospitals and remain under the care of hospital staff until medically cleared. As soon as the client is medically stabilized, he is required to attend in-house meetings and classes that will prepare him to participate in the recovery program.

What are the specific phases in the recovery program?

Off the Street (OTS) I and II: OTS residents are required to attend daily classes and participate in 12-Step meetings where they are introduced to the core concepts of recovery. Through interactions with peers who provide guidance, support, and model appropriate social and life skills. Participants are challenged daily to practice sober living skills, acquired through peers and staff in recovery. OTS residents will learn the basics of personal accountability to the group, and begin to move away from the “street” mentality.

Recovery Phase I: In exchange for room and board, all Phase I residents are required to complete daily job assignments and fulfill the requirements of the formal program of recovery 1) the curriculum of Recovery Dynamics 2) Peer Mentoring 3) Community Meetings.

Recovery Phase II: Residents who become Silver Chip eligible will have one of two options upon graduation: 1) Move into the Peer Mentor office 2) Move into the transitional living house. Peer Mentors are compensated through a small stipend, while transitional residents must be gainfully employed, pay rent and meet the house requirements as set forth by the Phase II Coordinator.

Recovery Point Huntington is also now offering classroom and online training for individuals interested in earning a peer recovery credential for the treatment of alcohol and drug abuse. Classes will be conducted in Charleston, WV beginning July 17, 2015. The free training provides the education credit hours necessary for credentialing by the West Virginia Certification Board for Addiction and Prevention Professionals for those who wish to work in the substance abuse and alcoholism recovery and rehabilitation fields.

Applicants for the training must have at least nine months sobriety and pass a drug/alcohol screen. Interested individuals may contact Greg Perry at Recovery Point Huntington 304-523-4673 for more information.

Southern West Virginia Fellowship Home

201 Woodlawn Ave

Beckley, West Virginia 25801

Contact: Danny Smith, Director

Telephone: 304-253-1441

E-Mail: swvfh@yahoo.com

Website: <https://www.facebook.com/pages/southern-west-Virginia-fellowship-home/156396137775543>

Program Information

This Fellowship Home has the capacity for 18 adult residents, some of whom stay for up to 18 months, under one roof. The average stay is six months to a year, but residents are asked to commit to only three months.

Available supports include KISRA (Kanawha Institute for Social Research and Action) offering two classes at the Fellowship Home: a 10-week parenting class, which helps residents make changes in their lives with their families and Job Readiness. Other supports include Adult Basic Education, advocacy, Recovery Coaching, and 12-step meetings.

West Virginia Leadership Academy

P.O. Box 8885

South Charleston, WV 25303

Contacts: Linda Pauley and J.K. McAtee, Co-Coordiators

Telephone: 304-460-2624

E-Mail: WVLeader@hotmail.com

Website: http://www.wvbhpc.org/wv_leadership_academy.php

Program Information

The West Virginia Leadership Academy is an exemplary self-advocacy training program held several times throughout the year that provides a foundation for enhancing consumer skills for effective speaking and civic advocacy. The academy is open to any adult with mental illness as well as adult family members of persons with mental illness and/or addiction histories.

West Virginia adopted the Leadership Academy for Consumers and Families through the efforts of the Director of the Office of Behavioral Health Services, who was aware of the program from his work in Idaho. Key leaders within the Office of Behavioral Health Services, the West Virginia Mental Health Consumers Association, and the West Virginia Alliance for the Mentally Ill obtained a Federal grant to modify the curriculum and initiate the program in West Virginia. Leadership Academy materials have been utilized in most states and in several foreign countries. The curriculum has been translated into several languages.

The West Virginia Leadership Academy is held over a three-day, two-night period; meals and lodging are provided. The training includes classroom instruction, social and networking events, and concludes with a graduation celebration.

Women Inspired in New Directions (WIND) Program

Contact: Lori Jones, YWCA Wheeling Executive Director

Telephone: 304-232-0511 x42

E-Mail: winddirector@ywcawheeling.org

Website: <http://ywcawheeling.org/>

Program Information

WIND is a YWCA Wheeling non-treatment recovery home located in downtown Wheeling, WV. WIND administers recovery integration services through the efforts of house technicians and a house supervisor that supply 24 hour support. WIND offers peer support and case management for women in recovery seeking a “New Direction” for their lives that is addiction free. Therapeutic groups, peer support groups, and addiction services for co-occurring addiction and trauma, along-side individual time with mentors, are offered in conjunction with the Healthways- Miracles Happen, Northwood and the Lee Day Report Center. These services begin upon their entrance into the WIND program and will continue to be offered for six months after they leave the recovery home. During this time, evidence-based life skills, trauma, parenting, and addiction courses, as well as employability training are offered to all residents. Transportation is provided to and from 12-Step support groups.

Screenings can be completed by calling 304-232-0511 x42. Monday- Friday 9 am-5 pm. Intakes are by appointment.

Admission Criteria include: Must be self-sufficient female age 18 or older; Must be clean and sober for a minimum of thirty (30) days; Must have a primary diagnosis of alcoholism or chemical dependence; Must have a desire to recover; Completed an inpatient or outpatient treatment program recently and/or be currently participating in Miracles Happen; Agree to stay in the residence a minimum of six (6) months; Agree to sign releases of information for medical, legal, and mental health histories; Ability to pass a drug and alcohol test and agree to random drug screen testing; Must be willing to attend a minimum of five

(5) 12-step meetings weekly and obtain a sponsor; No acute medical or psychiatric problems; Have an ability to use the program as a transition to independent living; Have an ability to maintain self-care and participate in job functions for the maintenance of the facility, i.e. cooking and general cleaning; Must be willing to work full time; Must be willing to contribute \$60.00 per week for health/wellness fee and \$30.00 per week for food; Commit to total abstinence from drugs and alcohol; and, Respect the rights, views, and property of other residents and get along with others.

Part II

Programs Not Funded by

BBHMF

Allegheny Mountain House

HC 75 Box 146C

New Creek, WV 26743

Contact: William Burt

Telephone: (304) 289-3296

E-Mail: wolfhurst@earthlink.net

Website: N/A

Program Information

Nestled in the beautiful Allegheny Mountains of the Potomac Highlands, the Alkire Mansion resides on an acre of land situated in Mill Meadow Park in Keyser, West Virginia. The mansion will house 15 to 18 substance dependent males who wish to enter a permanent recovery program. Length of stay will be 6 months up to 1 year.

In addition to the 12 step program the staff will offer G.E.D. programs for those in need of a high school diploma, a job through West Virginia Workforce, Anger Management Training, Dynamics of Personal Leadership, And a Supervisory Management Program. Each resident will have his own bank account and will be required to pay the house a stipend for his room and board.

DBSA WV
144 Wood Street
Buckhannon, WV 26201

Contact: Dina Thompson, Coordinator

Telephone: (304) 472-1947

E-Mail: dbsawv@outlook.com

Website: <http://www.dbsawv.org>

Program Information

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder, which affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses.

DBSA's peer-based, wellness-oriented, and empowering services and resources are available when people need them, where they need them, and how they need to receive them-online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and mental health care facilities across America.

Through more than 700 support groups and nearly 300 chapters, DBSA reaches millions of people each year with in-person and online peer support; current, readily understandable information about depression and bipolar disorder; and empowering tools focused on an integrated approach to wellness.

DBSA is led by and created for individuals living with a mood disorder, and that experience informs everything that it does.

DBSA offers support groups in the following locations:

Berkeley Springs - Eastern Panhandle Contact 1: Daniel L. Wright Phone: (304) 671-3575

Buckhannon DBSA Upshur County Contact 1: Diana Thompson Phone: (304) 472-1947

Harrisville DBSA Ritchie County Contact 1: Pat Cole Cell Phone: (304) 299-2473
Home Phone: (304) 643-5319 Contact 2: Michelle Toman Phone: (304) 659-2763

Keyser DBSA Mineral County Contact 1: Fred Riley Phone: (304) 788-3048 Email: fredriley@frontier.com Group meets 1st and 3rd Tuesdays at 6 pm

Kingwood DBSA Preston County Contact 1: Shawn Graham Phone: (304) 698-4851
Email: shawnkatt1@yahoo.com Meetings are held the 2nd and 4th Tuesday of each month. The meetings will start at 6:30 and end at 8:00 at Mill Chapel United Brethren Church on Kingwood Pike in Reedsville.

Martinsburg - Eastern Panhandle Contact 1: Victor Parker Phone: (540) 303-4750
Personal Email: vparke01.yp@gmail.com and Veterans Meeting in Martinsburg
DBSA Morgan County Contact 1: Victor Parker Phone: (540) 303-4750 Email: vpark01.yp@gmail.com

Morgantown DBSA Monongalia County Contact 1: Erica Rusmisse Phone: (304) 906-9446 email: erusmise86@gmail.com Contact 2: Shawn Graham Phone: (304) 698-4851 email: shawnkatt1@yahoo.com

Ripley DBSA Jackson County Contact 1: Brandon Whitehouse Cell Phone: (304) 514-1817 Email: brandonhwhitehouse@hotmail.com BoMar Club Phone: (304) 372-3722 Meetings are 2nd and last Saturday of the month

South Charleston DBSA Contact 1: Karlene McCowan Phone: (304) 747-8456
Email: mckargo@gmail.com Contact 2: Brandy Hunter-Lee Phone: (304) 415-7259
Meetings are the 1st Wednesday at the Berea SDA Church at 5:30

Wheeling DBSA Ohio Valley Contact 1: Tom Irr Phone: (304) 243-9406 Contact 2: Vicki Hughes Additional Phone: (304) 336-4186 Email: dbsaohiovalley@comcast.net

HER Place of Huntington

Barnett Community Center

1524 10th Avenue

Huntington, WV 25701

Contact:

Telephone: (304) 525-7394

E-Mail: HerPlaceHuntington@gmail.com

Website: <http://www.hcpathways.org>

Program Information

The Women's Addictions Recovery Outreach Center is a place where women, children, and families can find a safe and nurturing environment that will offer free access to peer support services and educational programs that will empower recovery from addictions and transformation of lives.

The program's WV-certified Peer Recovery Coaches will interact directly with women, both individually and in small groups, to fill the gaps in the continuum of care by providing pre-treatment outreach services and post-treatment peer support services necessary to sustain long-term recovery. Peer support services are designed to: Foster hope by sharing the lived experience of success in overcoming addiction. Serve as a role model for effective strategies, tools, and skills to prevent relapse. Provide outreach, information, and referral services. Support, encourage, and advocate for women who are placed on long waitlists for addictions treatment. Empower recovery self-management. Assist in development of individualized recovery and wellness goals. Provide accountability in monitoring progress. Promote the development of healthy relationships and important social support networks in the local recovery community. Connect participants with various 12-step/recovery support groups, both secular and faith-based. Provide low-level, community-based case management. Assist participants in identifying their most basic needs (treatment, mental health services, housing,

etc.) and in accessing important social services and resources in the local community. Assist families, non-peer supporters, and the general public to understand the insidious nature of addiction, the importance of peer support services, and the value of knowledge based in the lived experience of individuals in recovery.

Kanawha Valley Fellowship Home

1121 Virginia Street East

Charleston, WV 25301

Contact: David McFarland, Executive Director

Telephone: 304-342-8051

E-Mail: kvfh@kvfh.org

Website: <http://www.kvfh.org/>

Program Information

The Kanawha Valley Fellowship Home is a West Virginia non-profit organization, supporting men who are serious about their recovery from alcohol and substance abuse who need a chance to build independent living skills in a structured residential environment.

The Kanawha Valley Fellowship Home offers an environment with personal security and the opportunity to begin a new life by breaking destructive patterns of behavior associated with alcoholism and addiction.

The home has fifteen individual bedrooms and eight and one half bathrooms. The programs are structured and include outside recovery meetings, weekly in house meetings of "Recovery Dynamics", and a group session with a certified addiction counselor.

Newly admitted residents must be in recovery, capable and willing to work full time and adhere to the KVFH rules and regulations. Potential residents are referred from treatment centers, detoxification facilities and personal, professional, and medical sources. The applicants' commitment to the program is a minimum of six months with a potential of one year's residency. The home provides:

- Room and board seven days a week

- Around the clock staff availability and supervision
- Individual counseling and group therapy
- Job placement assistance
- A program of activity designed to assist residents in overcoming addiction and maintaining sobriety.

Programs and services are provided both in-house and in cooperation with other groups or agencies with which the home regularly interacts.

KVFH is not a free program and it does have expectations of each resident. Individuals are expected to pay \$75.00 a week toward their room and board. This places a certain amount of responsibility upon the resident for his own recovery process. Upon admission most of the residents are unemployed and receive services without cost until employment is gained. They are also expected to do washing, cleaning, light maintenance and other tasks at the home.

Kanawha Valley Fellowship Home receives referrals from treatment centers such as Thomas Memorial Hospital and Prestera Center, as well as from shelters, doctors, and families and friends. The director and house manager interview prospective residents to determine if they are a candidate for KVFH's programs. To be successful in KVFH's programs requires a sincere commitment and willingness to change. Residents must abide by house rules and work in the community.

For information about referrals or the admissions process, please call David McFarland at (304) 342- 8051.

The Lifehouse, Inc.
P.O. Box 503
Huntington, WV 25710

Contact: Raymond "Rocky" Meadows, Executive Director/Pastor

Telephone: 304-429-LIFE (5433)

E-Mail: raycmeadows@yahoo.com

Website: <http://www.thelifehousewv.com/>

Program Information

The Lifehouse, Inc. (WV) is a voluntary faith-based fellowship that provides affordable housing away from drugs and alcohol. It offers safe, clean and sober housing for all stages of recovery. It encompasses a "self-help" peer awareness approach to recovery for people with alcoholism and addictions. The program firmly believes that *responsibility indicates growth*. The homes offer an alcohol and drug free environment in which people recovering are able to live together in an organized and structured way.

THE LIFEHOUSE - 4th Street

The Lifehouse- 4th Street was the first of the program's sober living facilities. It is located near the Southside of Huntington, WV in a clean family neighborhood. The home houses up to 12 men and includes a living room, family room, exercise area, and office in the historic 3 floor home.

THE WOMEN'S LIFEHOUSE- 5th Avenue &Trenton Place

The FIRST installment of The Life House's sober living choices for women is The Lifehouse-5th Avenue. The home opened in April 2013. It serves 14 women during their sobriety journey and coincides with the program guidelines and structure of The Lifehouse-4th Street. The Lifehouse-5th Avenue includes a living room, family room, dining room, back deck, meeting area/office, and a clothing donation area.

The next women's house was Trenton Place and also run and coincides with the other programs.

THE LIFEHOUSE- 4th Street II

The Lifehouse, Inc. re-opened its third installment at a residence next to its first home in Huntington, WV. The home serves up to 10 men and operates parallel to the other homes of The Lifehouse. The home offers a comfortable environment that includes newly remodeled living space for program participants.

THE LIFEHOUSE- After Life

The Lifehouse includes a residence for participants that have shown positive outcomes, stability, and leadership and are ready to transition into their own residences in the near future. This new feature of the program is located in proximity of The Lifehouse-4th Street and The Lifehouse-4th Street II. It allows the residents of the home to take on more responsibility for their behavior and addiction by continuing with the available program support and lessened program rules and structure. This opportunity allows the staff to allow the participants to use the skills gained in one of the other residences and utilize them with less supervision but the same degree of accountability.

The Lifehouse- 9th Ave

The Lifehouse 9th Ave is our newest edition of The Lifehouse's. It is a large spacious family oriented atmosphere in the east end of Huntington. The 9th Ave is overseen by Justin Ponton a Lifehouse alumni who now helps men overcome the same struggles he personally walked through several years ago.

The Lifehouse Recovery Center

The Lifehouse is excited about the upcoming opening of an intensive recovery residence in Wayne County, WV. The site will be used as a home for men requiring a solace atmosphere to begin their journey of sobriety. The home sits on a 40 acres and it includes a pond, walking trails, a cabin, and beautiful country scenery.

Morgantown Sober Living

206 Spruce Street

Morgantown, WV 26505

Contact: Doug Leech, President and Chairman of the Board

Telephone: 304-413-4300

E-Mail: doug.leech@morgantownsoberliving.com

Website: <http://morgantownsoberliving.com>

Program Information

MSL formed a non-profit 501(c)(3) corporation, Morgantown Sober Living, Inc., that is designed to reintegrate recovering individuals into the world. The first home is for adult men and is located at 206 Spruce Street. MSL's next home will be for adult women. Residents in the program will live at the house for a period of 6 to 12 months and will begin to develop strong relationships and demonstrate transparency in their daily lives, as they maintain accountability to the group. The Morgantown Sober Living program is centered on faith, accountability and 12-step recovery programs. Through this process, residents will gain independence and responsibility, both financially and emotionally, as they become the person they want to be, which is the ultimate goal. Morgantown Sober Living provides a safe, caring, and supportive environment for residents to begin living a sober lifestyle and developing healthy new relationships in Morgantown's active recovering community.

Peer Resource Network (PRN)

Contacts: Linda Pauley, Program Manager

Telephone: 304-756-3734; Cell: 513-828-8168

E-Mail: linda_pauley@yahoo.com

J. K. McAtee, Program Coordinator

Telephone: 304-460-2624

Website:

Program Information

Peer Resource Network (PRN) is a peer operated agency offering services to help in the development of the statewide infrastructure needed by consumers who wish to form peer organizations. These can be groups wishing to have a voice in the development, operation, and maintenance of treatment and aftercare services for people who are experiencing mental health and/or addiction issues. It can be helping peers set up drop-in, wellness, recovery, and resource centers in their communities. PRN serves as a source of information and guidance in developing boards of directors, vision and mission statements, bylaws and other documents needed to become a legal entity. The staff assists in writing grants and working the steps to obtain a 501(c)3 designation. PRN has access to individuals with training to teach numerous peer related subjects such as Recovery Coach training, teaching people to do Mental Health First Aid, how to develop mentoring programs for staff and volunteers, etc. It serves as a central organizing agent to bring peer groups together to share ideas and support each other. PRN works to help consumers become a part of the development of new and needed services. It supports peers as they become stronger participants in seeing to that needed services and unmet needs are brought forward.

The organizers of PRN have over twenty-five combined years of experience working in the peer fields of mental health and addiction. The strengthening of peer services and commitment to collaborate with all agencies involved in providing care to this population is a proposed outcome of the project.

Peer Support, Inc.
1517 19th St
Parkersburg, WV 26101

Contact: Linda Robinson, Housing Director

Telephone: 304 481-0909

E-Mail: psproject@casinternet.net

Website: www.peersupportinc.org

Warm Line: 304 679-8183

Program Information

Peer Support, Inc. provides peer support services to adults with mental health issues helping them to live successfully in their communities through supportive housing programs.

Peer Support, Inc.'s approach to recovery includes support to avoid depression and loneliness; educational opportunities to expand knowledge and understanding including medication effectiveness; volunteerism to encourage community interaction and acceptance; as well as fun activities that promote wellness.

This peer run, peer support organization encourages and enables people to take control of their lives, voice opinions, make decisions, understand consequences, and realize they have the ability to change and improve themselves and their communities. All of the programs utilize peer support and focus on respect, responsibility and reasonable expectations.

The Peer Support Warm Line receives calls from all across America. People searching for help come across our web site and see the Warm Line and call. From Maine to Oregon and the Carolina's the warm line staff have helped adults

with mental health issues through some tough times. The line is operated 24 hours a day, seven days a week - one caller at a time!

The Warm Line is supposed to be a warm, friendly place to chat when you can't find anyone else. Staff can and do refer people to crisis lines but often the person on the other end of the call feels a bond and doesn't want to deal with someone else, so they just keep talking till the other person's concern grows less desperate.

Another wonderful use of the warm line is past residents who find themselves in need of some peer support and feel comfortable calling in to talk. Occasionally someone will call to have someone to celebrate or share a milestone or special event such as a month sober or "it's my birthday". Even current residents find it useful at odd hours or who find it easier to speak to a more anonymous voice than an actual in your face person. Sometimes people just need the WARM LINE to get them through a less than great day.

Peer Support, Inc.'s housing program supplies peer support, furnished housing, meals and goal setting. Homes are located on 19th Street and include:

4 double bedrooms and 2 single bedrooms at Victory Memorial,

1 double, 2 singles at Carriage House, and

1 double, 2 singles at William Manor.

All beds are for adults with mental health issues who want to work on their recovery.